

# Ishavashyopnishad

॥ इशोपनिषत् ॥

With English Translation



■ Collection By:  
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**-Rishi Aachaya**

## Dedication

*To the divine soul who took birth in modern India by the name of 'Pandit Shriram Sharma Acharya' & 'Mata Bhagwati Devi Sharma'. A man who brought the concept of 'Yug Nirmana' by Thought Revolution. Pujya Gurudev Pandit Shriram Sharma Acharya was a combination of Vyasa as publishers of Vedas, Vishwamitra who made gayatri available to the common man and Vasishta of our time who invested his 'tapobala' for the upliftment of humanity.*

*A small token of respect to Reverend Pujya Gurudev Pandit Shriram Sharma Acharya*

## **Introduction**

Upanishadas are the treasure of ancient Indian wisdom. The word 'Upnishada' is derived from sanskrit words 'Up' and 'Nishada' which means the knowledge which makes you closer to the divine Bramhan. Upanishads are called as the essence of Vedas, however after contemplating on these divine verses one can find a golden combination of Gyana, Bhakti and Karma Yoga in them.

Swami Vivekanand used to say that Upanishads are the powerhouse of divine energy. Many times he has even expressed his desire that the new generation of India must dive deep in the sea of Upnishads to find the the real pearls of knowledge. A knowledge which transcends the physical boundaries and liberates the soul.

Keeping this vision before me I collected these verses and translations of Vedic Scholars from various free and open source digital platforms. By presenting these books to you I claim no ownership on the content of these books. The translations belongs to their original authors who have generously given their knowledge wealth under public domain for benefit of the society at large. These books are registered under creative commons and anyone who wish to distribute, print or share is books is free to do so.

I feel great pleasure and satisfaction by being an instrument of presenting these wisdom pearls of Ancient India to the present and future India.

English Translation : Eknath Easwaran Translation

## ॥ ईशोपनिषत् ॥

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।  
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

All this is full. All that is full.  
From fullness, fullness comes.  
When fullness is taken from fullness,  
Fullness still remains.  
ॐ शांतिः शांतिः शांतिः ॥  
O M Peace Peace Peace

## ॥ अथ ईशोपनिषत् ॥

ॐ ईशा वास्यमिदं सर्वं यत्किञ्च जगत्यां जगत् ।  
तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम् ॥१॥

om isa vasyamidam sarvam yatkincha  
jagatyam jagat ।  
tena tyaktena bhunjitha  
ma grdhah kasyasviddhanam ॥ 1॥

### English Translation

1. The Lord is enshrined in the hearts of all.

The Lord is the supreme Reality.

Rejoice in him through renunciation.

Covet nothing. All belongs to the Lord.

कुर्वन्नेवेह कर्माणि जिजीविषेच्छते समाः ।  
एवं त्वयि नान्यथेतोऽस्ति न कर्म लिप्यते नरे ॥२॥

kurvanneveha karmani jijivisecchhataD samah ।  
evam tvayi nanyatheto'sti na karma lipyate nare ॥ 2॥

### English Translation

2. Thus working may you live a hundred years.

Thus alone will you work.

असुर्या नाम ते लोका अन्धेन तमसास्वृताः ।  
तास्ते प्रेत्याभिगच्छन्ति ये के चात्महनो जनाः ॥ ३॥

asurya nama te loka andhena tamasa"vrtah ।  
taste pretyabhigacchhanti ye ke chatmahano janah ॥ 3॥

### English Translation

3. Those who deny the Self are born again

Blind to the Self, enveloped in darkness,

Utterly devoid of love for the Lord.

अनेजदेकं मनसो जवीयो नैनदेवा आप्नुवन्पूर्वमर्षत् ।  
तद्भावतोऽन्यानत्येति तिष्ठत्तस्मिन्नपो मातरिश्वा दधाति॥४॥

anejadekam manaso javiyo nainaddeva  
apnuvanpurvamarsati taddhvavato'nyanatyeti  
tisthattasminnapo matarisva dadhati || 4||

English Translation

4. The Self is one. Ever still, the Self is  
Swifter than thought, swifter than the senses.  
Though motionless, he outruns all pursuit.  
Without the Self, never could life exist.

तदेजति तन्नैजति तद्भूरे तद्वन्तिके ।  
तदन्तरस्य सर्वस्य तदु सर्वस्यास्य बाह्यतः ॥ ५॥

tadejati tannaijati taddure tadvantike ।  
tadantarasya sarvasya tadu sarvasyasya bahyatah ||5||

English Translation

5. The Self seems to move, but is ever still.  
He seems far away, but is ever near.  
He is within all, and he transcends all.

यस्तु सर्वाणि भूतान्यात्मन्येवानुपश्यति ।  
सर्वभूतेषु चात्मानं ततो न विजुगुप्सते ॥ ६॥

yastu sarvani bhutanyatmanyevanupasyati ।

sarvabhutesu chatmanam tato na vijugupsate || 6||

English Translation

6. Those who see all creatures in themselves  
And themselves in all creatures know no fear.

यस्मिन्सर्वाणि भूतान्यात्मैवाभूद्विजानतः ।  
तत्र को मोहः कः शोक एकत्वमनुपश्यतः ॥ ७॥

yasminsarvani bhutanyatmaivabhudvijanatah ।

tatra ko mohah kah soka ekatvamanupasyatah ॥ 7॥

English Translation

7. Those who see all creatures in themselves  
And themselves in all creatures know no grief.

How can the multiplicity of life  
Delude the one who sees its unity?

स पर्यगाच्छुक्रमकायमवृण- मस्नाविरँ शुद्धमपापविद्धम् ।

कविर्मनीषी परिभूः स्वयम्भू-र्याथातथ्यतोऽर्थान्

व्यदधाच्छाश्वतीभ्यः समाभ्यः ॥८॥

sa paryagacchhukramakayamavrana-masnavira  
suddhamapapaviddham | kavirmanisi paribhuh  
svayambhu-ryathatathyato'rthan  
vyadadhacchhasvatibhyah samabhyah ॥ 8॥

English Translation

8. The Self is everywhere. Bright is the Self,

Indivisible, untouched by sin, wise,

Immanent and transcendent. He it is

Who holds the cosmos together.

अन्धं तमः प्रविशन्ति येऽविद्यामुपासते ।

ततो भूय इव ते तमो य उ विद्यायाँ रताः ॥९॥

andham tamah pravisanti ye'vidyamupasate ।

tato bhuya iva te tamo ya u vidyayaD ratah ॥ 9॥

अन्यदेवाहुर्विद्ययाऽन्यदाहुरविद्यया ।

इति शुश्रुम धीराणां ये नस्तद्विचचक्षिरे ॥१०॥

anyadevahurvidyaya'nyadahuravidyaya ।

iti susruma dhiranam ye nastadvichachaksire ॥ 10॥

विद्यां चाविद्यां च यस्तद्वेदोभ्यँ सह ।

अविद्यया मृत्युं तीत्वा विद्ययाऽमृतमशनुते ॥११॥

vidyam chavidyam cha yastadvedobhayaD saha |  
avidyaya mrtyum tirtva vidyaya'mrtamasnute || 11||

English Translation

In dark night live those for whom  
The world without alone is real; in night  
Darker still, for whom the world within  
Alone is real. The first leads to a life  
Of action, the second to a life of meditation.  
But those who combine action with meditation  
Cross the sea of death through action  
And enter into immortality  
Through the practice of meditation.  
So have we heard from the wise.

अन्धं तमः प्रविशन्ति येऽसम्भूतिमुपासते ।  
ततो भूय इव ते तमो य उ सम्भूत्याँ रताः ॥१२॥  
andham tamah pravisanti ye'sambhutimupasate ।  
tato bhuya iva te tamo ya u sambhutyaD ratah ||12||  
अन्यदेवाहुः सम्भवादन्यदाहुरसम्भवात् ।  
इति शुश्रुम धीराणां ये नस्तद्विचचक्षिरे ॥१३॥  
anyadevahuh sambhavadanyadahurasambhavat ।  
iti susruma dhiranam ye nastadvichachaksire ||13||  
सम्भूतिं च विनाशं च यस्तद्वेदोभयँ सह ।  
विनाशेन मृत्युं तीर्त्वा सम्भूत्याऽमृतमशनुते ॥१४॥  
sambhutim cha vinasam cha yastadvedobhaya saha ।  
vinasena mrtyum tirtva sambhutya'mrtamasnute ||14||

English Translation

12-14. In dark night live those for whom the Lord  
Is transcendent only; in darker still,

For whom he is immanent only.  
But those for whom he is transcendent  
And immanent cross the sea of death  
With the immanent and enter into  
Immortality with the transcendent.  
So have we heard from the wise.

हिरण्मयेन पात्रेण सत्यस्यापिहितं मुखम् ।  
तत्त्वं पूषन्नपावृणु सत्यधर्माय दृष्टये ॥१५॥  
hiranmayena patrena satyasyapihitam mukham ।  
tattvam pusannapavrnu satyadharmaaya drstaye ॥15॥

English Translation

15. The face of truth is hidden by your orb  
Of gold, O sun. May you remove your orb  
So that I, who adore the true, may see

पूषन्नेकर्षे यम सूर्य प्राजापत्य व्यूह रश्मीन् समूह तेजः ।  
यत्ते रूपं कल्याणतमं तत्ते पश्यामि  
योऽसावसौ पुरुषः सोऽहमस्मि ॥१६॥  
pusannekarse yama surya prajapatya  
vyuha rasmin samuha tejah ।  
yatte rupam kalyanatamam tatte pasyami  
yo'savasau purusah so'hamasmi ॥ 16॥

English Translation

16. The glory of truth. O nourishing sun,  
Solitary traveler, controller,  
Source of life for all creatures, spread your light  
And subdue your dazzling splendor  
So that I may see your blessed Self.  
Even that very Self am I!

वायुरनिलममृतमथेदं भस्मांते शरीरम् ।

ॐ क्रतो स्मर कृते स्मर क्रतो स्मर कृते स्मर ॥१७॥

vayur anilamamrtamathedam bhasmanta sariram I  
om krato smara kruta smara krato smara kruta smara ॥17॥

English Translation

17. May my life merge in the Immortal

When my body is reduced to ashes.

O mind, meditate on the eternal Brahman.

Remember the deeds of the past.

Remember, O mind, remember.

अग्ने नय सुपथा राये अस्मान् विश्वानि देव वयुनानि विद्वान् ।

युयोध्यस्मज्जुहुराणमेनो भूयिष्ठां ते नमउक्तिं विधेम ॥१८॥

agne naya supatha raye asman

visvani deva vayunani vidvan I

yuyodhyasmajjuhuranameno

bhuyistham te namauktim vidhema ॥ 18॥

English Translation

18. O god of fire, lead us by the good path

To eternal joy. You know all our deeds.

Deliver us from evil, we who bow

And pray again and again.

॥ इति ईशोपनिषत् ॥

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

All this is full. All that is full. From fullness, fullness comes. When fullness is taken from fullness,

Fullness still remains.

ॐ शांतिः शांतिः शांतिः ॥

O M Peace Peace Peace

## *Acknowledgement*

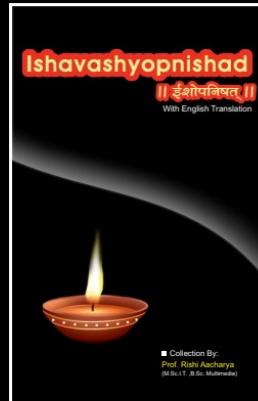
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### **Author Bio:**

Rishi Aacharya is a rising blogger and author. An All India Kalidas Award winner and a keen researcher of ancient Indian wisdom, his work has called the attention of the country towards him. He is an author in demand, especially among the Indian youth for his radical views and unique writing style. Decoding the ancient wisdom of the east in the context of modern philosophy is his passion and forte. At present, he is working as the principal at a senior college inPune, Maharashtra.



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